

help!!! florida!!!!

Posted by radiantunicorn71 - 07 Apr 2025 21:01

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i'm in florida for part of bein hazmanim and i'm currently doing amazing regarding p and m, longest streak in a while. how can i navigate shmiras einayim here? it's impossible!!

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Re: help!!! florida!!!!

Posted by shalom1530 - 07 Apr 2025 21:59

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I hope this will help you out a bit!!!

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Re: help!!! florida!!!!

Posted by shalom1530 - 07 Apr 2025 22:00

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Re: help!!! florida!!!!

Posted by lamaazavtuni - 07 Apr 2025 23:46

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Gotta remember every time you turn away is a huge win. Maybe even say to yourself that's a win even/especially if you struggled if you should take a second look or not.

hazlacha stay strong!!!!

It's in your control!!!!!!!!!!

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Re: help!!! florida!!!!

Posted by jump - 08 Apr 2025 00:36

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No joke. Polarized sunglasses are underrated. You can look straight without looking. That small filter is sometimes just enough to break the intensity. Before you leave the house daven Hashem, help me guard my eyes today. I want to stay clean. Please walk with me. When you're walking or driving, have something engaging ready A shiur that gets you fired up A deep niggun that holds your attention if You notice your eyes drifting. Boom snap them away. Literally say to yourself Not today. Train the reflex. Every win like this strengthens the next one. Don't let a slip turn into a fall. If you saw something by accident, don't go into shame spiral mode. Just redirect and keep the streak going. You're not defined by one glance.

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Re: help!!! florida!!!!

Posted by radiantunicorn71 - 09 Apr 2025 05:36

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thank you had a lot of hatzlacha was CRAZY CRAZY hard but i kept in mind that the initial look is not in your control rather don't go back for a second glance... and i was successful! thanks for the help everyone!

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Re: help!!! florida!!!!

Posted by siyatta - 09 Apr 2025 13:35

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From a native Floridian, it's a lot harder in the big cities, if you can avoid the main streets, such as in Miami etc where people are walking outside, it gets much easier. In suburban-ish areas, people don't walk they only drive (unless they're jogging, walking their dogs or Jews walking to shul on Shabbos).

Something I find is that the more I'm careful not to look, the more chizuk it gives me moving forward, so every 'not looking' is not only a win in shamayim, it's a win to be stronger in this nisayon. Much hatzlacha!

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Re: help!!! florida!!!!

Posted by yitzchokm - 09 Apr 2025 17:37

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If you are still in Florida the following post might help:

<https://guardyoureyes.com/forum/15-The-Torah-amp-Chizuk-Approach/433625-Want-to-use-Chassidus?limit=15&start=30#433995>

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